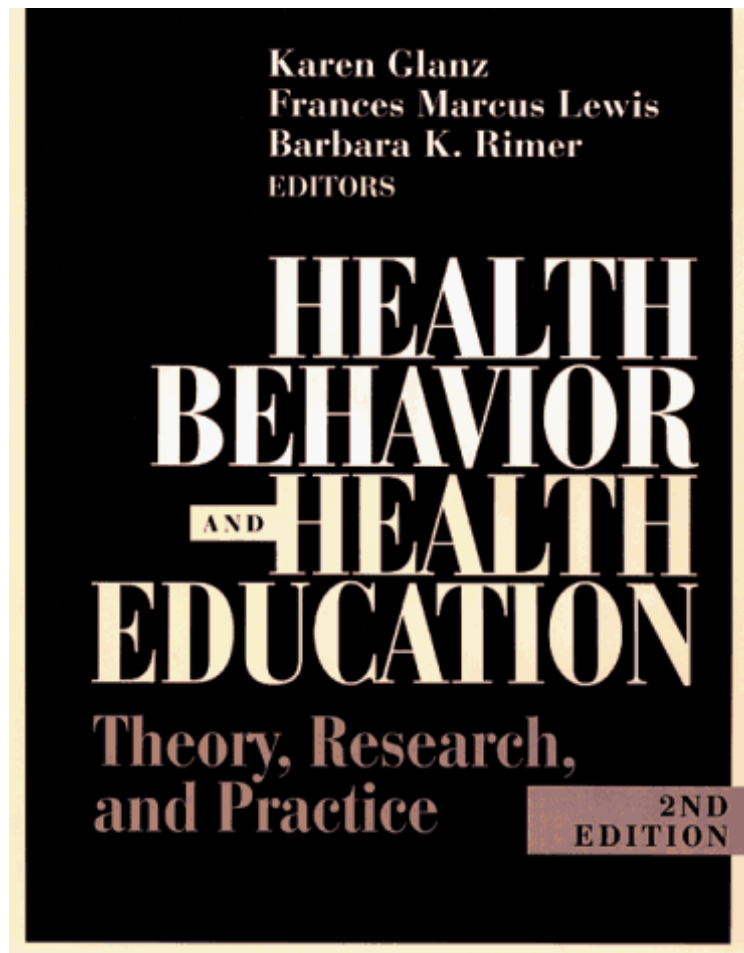


# Health Behavior and Health Education: Theory, Research, and Practice

*From Jossey-Bass*

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#327976 in Books 1997-01-15Original language:EnglishPDF # 1 9.70 x 1.73 x 7.36l, .0 #File Name: 0787903108496 pages | File size: 73.Mb

**From Jossey-Bass : Health Behavior and Health Education: Theory, Research, and Practice** before purchasing it in order to gage whether or not it would be worth my time, and all praised Health Behavior and Health Education: Theory, Research, and Practice:

15 of 23 people found the following review helpful. Health Behavior and Health Education: Theory, Research, andBy Terry O. HuberAs I waded through this textbook I at first felt that I had selected the wrong book for my teaching needs. The book is generally a review of current literature in the field of Health that would be an excellent resource for a graduate student who is about to tackle their thesis or dissertation. Contained within the chapters of this book is an extensive overview of what already exists in the field and certainly would be useful in helping a graduate student begin his or her research. This book would also be useful in helping a student who may be searching for a topic to study and research that may have been previously studied but then was found to be needing further work or follow-up.

Upon completing the book I realized that although not necessarily perfect for my current needs of working with middle and high school students, it did provide support for things I am doing with them in my classes and broadened my scope as a health educator by making me think in terms of my role in school health education as compared to the roles of other health researchers and practitioners. 18 of 21 people found the following review helpful. Theory based research  
By Kathleen A. Fagan  
This text is a comprehensive review of health related theories. It provides the reader with analyses of several health behavior theories and extensive bibliographies. To the student who is interested in health behavior research, this text is an important first step because it gives many examples of how specific theories, concepts and constructs are used in research studies.

This book can help all of us in the field fine-tune the effectiveness of strategies and interventions designed to improve health-related behaviors. This book is definitely on my list as one of the top five 'big picture theoretical framework' resources for the serious public health professional. --American Journal of Health Promotion  
The contributors draw from such fields as cognitive and organizational psychology, marketing, and communications to explain the diverse factors affecting health behavior.

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This edited volume does an admirable job of bridging the gap between theory and practice and providing examples of multiple levels of analysis: individual, group, organizational, and community...It is a valuable resource.  
Frequently, in my role as a health educator and researcher, I have been asked by clinicians to recommend an approach to use on how to change behavior. I have explained that it depends on one's theoretical perspective about health behavior and that no single study or approach has been proven to be clearly superior to another. In the future, however, I will be able to refer those who ask to the book by Glanz, Lewis, and Rimer.  
From the Inside Flap  
The first edition of Health Behavior and Health Education was a groundbreaking collection of chapters that provided an in-depth analyses of various health behavior theories relevant to health education. In this completely revised and updated second edition of Health Behavior and Health Education, the contributors offer the most current information on developments in health behavior in theory, research, and practice. Drawing from such fields as cognitive and organizational psychology, marketing, and communications, the authors explain the diverse factors affecting health behavior. They analyze a variety of health behavior theories and apply them to health promotion and education, exploring three levels of approach for influencing health behavior: the individual, interpersonal, and group or community levels. This revised edition includes information on the challenges of making health behavior theory relevant and useful in populations with varied sociodemographic and cultural backgrounds. The expanded second edition also explores how health promotion theory, research, and practice might advance in the face of increased globalization, new communication technologies, and health care reform. When the first edition of Health Behavior and Health Education was published in 1990, it was a groundbreaking collection providing an in-depth analysis of a variety of theories of health behavior relevant to health education. In a single comprehensive volume, the book offers valuable insights into the factors that influence health behavior and provides guidance in designing practical intervention strategies.  
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From the Back Cover  
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